

## YCS Outdoor Education Programme

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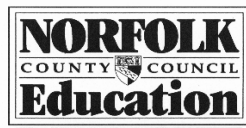


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Director of Education: Dr Bryan Slater

If you would like this brochure in large print, audio, Braille, alternative format or in a different language please contact the YCS Outdoor Education Programme on 01493 368129 and we will do our best to help.

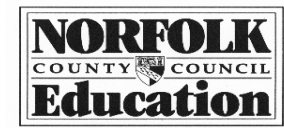


## Youth and Community Service Outdoor Education Programme

**Individual Courses**  
**April 2002-March 2003**



Sailing, Canoeing, Windsurfing, Kayaking,  
Climbing, Multi Activity, Powerboating,  
First Aid



Director of Education: Dr Bryan Slater

# Youth & Community Service Outdoor Education Programme

Welcome to the Individual Courses Brochure 2002-2003.

Norfolk Youth & Community Service—Outdoor Education Programme provide a range of outdoor and adventurous activity courses for young people and adults at our three outdoor education centres and other venues (see page 4 for further details of our centres).

We hold a national license as governed by the Adventurous Activities Licensing Authority (AALA) for delivering activities to young people. For further details of this license please contact AALA direct on 029 2075 5715. Website: [www.aala.org](http://www.aala.org)

Our centres are also recognised teaching establishments by National Governing Bodies; Royal Yachting Association for Sailing and Powerboating; British Canoe Union for Canoeing and Kayaking.

For details of coaching courses and group bookings please see page 37.



## 3. Joining Instructions

Prior to the commencement of the course you will receive joining instructions detailing course payment, course registration, personal equipment required, course content where applicable and travel directions to our centres.

## 4. Payment

Please do not send any money with your booking form. When you receive your joining instructions prior to the commencement of the course it will include your invoice. Follow the explained payment procedure detailed on the reverse side. Any queries regarding details/payment of invoice please contact the YCS Outdoor Education Programme Office.

## 5. Cancellations

### Course Cancellation

We reserve the right to cancel courses due to:

- a) insufficient demand if this is the case you will receive notification up to 2 weeks before course commencement. Any money paid will result in a full refund.
- b) algal blooms, extreme weather conditions and other operational circumstances. Monies already paid will be refundable pro rata.

### Individual Cancellation

We only accept written cancellations received with more than 2 working weeks notice whereby you will receive a refund of the fee in full. However, less than 2 weeks notice will result in no refund of the fee.

Where courses run over a number of dates if you are unable to attend or are unwell we regret that there will be no reduction or refund to the advertised fee.

## Booking Information

### 1. Placing a Booking

#### Forms

An individual course booking form is included in this brochure. Complete the form fully front and reverse and sign. Please note that it is one form per applicant and extra forms can be printed off our website or photocopied. Forward your booking form(s) to us by post or fax, remember if you fax that the form is double sided. Bookings must be received with a minimum of 2 weeks before course commencement.

#### Telephone Enquiries

You are more than welcome to enquire about course details and booking availability. Please note that we are unable to reserve places on courses without a signed and completed booking form.

### 2. Booking Confirmation

#### Confirmation

On receipt of your booking form you will receive a booking confirmation letter detailing the course applied for.

#### Course Full

If the course applied for is full you will receive a letter to this effect. Please contact the YCS Outdoor Education Programme office to arrange a course transfer.

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## **YCS Outdoor Education Centres**

### **YCS Outdoor Education Centre—Filby**

Located on the shore of Filby Broad at the western end of the village. There is a bus service from Norwich and Great Yarmouth, the nearest railway station is Acle. Filby is our specialist sailing centre, a recognised teaching establishment by the RYA, BCU and registered with AALA.

### **YCS Outdoor Education Centre—Eagle**

In the heart of Norwich on the river Wensum off Heigham Street. This is our specialist paddlesport centre and offers a range of kayak and canoe courses. Eagle is a recognised teaching establishment by the BCU and registered with AALA.

### **YCS Outdoor Education Centre—Whitlingham**

In the new Whitlingham Country Park and the newest addition to the Broads, near the Norfolk Ski Club in Trowse on the southern edge of Norwich. It offers a range of activities and is our specialist centre for windsurfing. Whitlingham is also registered with AALA.

### **YCS Outdoor Education Staff**

All staff are qualified to National Governing Body level (where appropriate) and all have a valid first aid certificate.

## **Contacts**

### **Royal Yachting Association**

#### **(Sailing, Windsurfing & Powerboating)**

RYA House, Romsey Road, Eastleigh, Hampshire. SO50 9YA. Tel: 01703 627400

### **British Canoe Union**

#### **(Canoeing & Kayaking)**

John Dudderidge House, Adbolton Lane, West Bridgford. NG2 5AS. Tel: 0115 9821100.

### **Rescue Emergency Care**

#### **(First Aid)**

4 Arnhill Drive, Westhill, Aberdeen.  
Tel/Fax: 0990 329242

### **UEA Sportspark**

#### **(Climbing)**

University of East Anglia, Norwich. NR4 7TJ. Tel: 01603 592398. [www.sportspark.co.uk](http://www.sportspark.co.uk)

### **Duke of Edinburgh's Award Office,**

Costessey Youth and Community Centre, 38 Breckland Road, Costessey, Norwich. NR5 9RW.  
Tel: 01603 744888

## Equipment Hire

### Pay & Play

Whitlingham Broad offers a pay and play scheme allowing the opportunity to hire craft by the hour including canoes, windsurfers and sailing dinghies during certain operational times. Final decision rests with the Senior Instructor in charge regarding availability, prevailing weather conditions and equipment.

**Opening Times:** 13:00-17:00

**Easter:** Good Friday 29th Mar - Sunday 7th Apr

**Whitsun:** Monday 3rd Jun - Friday 7th Jun

**Weekends:** Saturday 4th May - Sunday 8th Sept

### YCS Outdoor Education Equipment Hire

We hold a range of outdoor activity equipment available for hire to qualified instructors for group use. For further information and a booking pack please contact the Outdoor Education Programme office.

### YCS Equipment Loan

The Youth and Community Service operates a part-time equipment store, holding a range of camping equipment. This is available to youth and community groups listed on the Youth & Community Service schedule. For further details please contact Alan Alderton at the Duke of Edinburgh's Award Office (see page 41)..

## Sailing



The Royal Yachting Association (RYA) is the national governing body for all sailing activities.

The Royal Yachting Association runs two sailing schemes:

- Young Sailors Scheme—for all young people, beginner to advanced, aged 8 to 16.
- National Sailing Scheme—for all people aged 16+ from beginner to advanced.

At our centres at Filby and Whitlingham we offer a wide range of courses and opportunities for everyone to get afloat and learn/develop their sailing skills.

Whether it's your first time afloat on our introduction sessions or progressing through the national schemes, we have something for everyone.

We hold a range of single and double handed craft, suitable for everyone regardless of age and ability.

For full details of the sailing schemes and pre-requisites please contact the RYA (see page 41)



## **RYA Youth Sailing Scheme**

The scheme is a comprehensive introduction and progression into all aspects of the sport of sailing specifically for young people aged 8 to 16.

The scheme consists of three units:

- **Start Sailing**

The aim of these awards is to provide an introduction to the sport of dinghy sailing in three easy steps.

When you have completed all three stages, you will be safety conscious and you will be able to sail a dinghy confidently in light winds.

- **Advanced Sailing**

Three additional awards designed to build up the skills and knowledge needed for independent dinghy sailing.

By the end of the awards, the sailor should be confident, safe, seamanlike and capable of handling a dinghy in strong winds.

- **Racing**

The aim of the racing awards (Red, White, Blue) is to take you from an introduction to club racing, on to open meetings and regattas and preparation for national events.

Our centre on Filby Broad hosts a wide variety of craft suitable for young people, both single and double handed.

## **Eagle Canoe Club (ECC)**

ECC meets regularly at YCS Eagle Canoe Centre on the River Wensum on Wednesday evenings and organises various paddling trips on Sundays and some weekends away. To find out more or to enrol as a member come to the Centre any Wednesday night at 18:30 from 3rd April 2002 onwards or send a stamped addressed envelope to: Christine Wright, 64, Alford Grove, Sprowston, Norwich, NR7 8XA.

## **Norfolk Schools Sailing Association (NSSA)**

NSSA runs a programme of courses at YCS Outdoor Education Centre on Filby Broad. They are geared to all who want to sail from complete beginners to those who want to brush up their skills and those who would like to enter the instructor system and help others gain from the sport. For further details on membership please send a stamped addressed envelope to the membership secretary: Mike Brown, Turnpike Farm, Shadingfield, Beccles, NR34 8DF. Visit our website at: [www.nssa.co.uk](http://www.nssa.co.uk) or email: [info@nssa.info](mailto:info@nssa.info)

## **Duke of Edinburgh's Award Scheme**

The Duke of Edinburgh's Award Scheme offers opportunities for enjoyment, excitement and new experiences for all young people. For further information contact the Norfolk County Award Office ( See page 25).

## Clubs

### **YCS Outdoor Education Programme Youth Club**

The youth club is based at Filby Broad and is available to young people aged 13-19 yrs. We run sessions Feb-Apr on Saturday mornings, May-Sept Tuesday evenings and revert back to Saturdays Mid Sept-Dec (as we run out of daylight). Each session costs £2 collected when you arrive. The club provides the opportunity for participation and development in a range of watersports (whatever your ability) in a safe environment with qualified instructors. The club is a great place to try something new, work towards accreditation awards or just to get outside and spend some social time on/in the water!! For more details contact the YCS Outdoor Education Programme office.

### **YCS Climbing Club**

The club is open to young people who have attended a climbing course at the UEA, or elsewhere. We meet at the UEA Sportspark on a Sunday morning 9:00 - 11:00, the cost is £4.00 per session which includes equipment and qualified supervision. (The club subs are invoiced half termly, in arrears). The club provides a safe venue where young people can meet to practice indoor climbing skills and to spend time with their friends. The club arranges visits to other local venues as well as residential (camping and bunkhouse) courses in other UK climbing venues. We have negotiated discounts at local shops-Norwich Camping, Venturesport, Outdoors and Blacks on production of a valid membership card. For more details contact the YCS Outdoor Education Programme office.

## Youth Sailing Scheme—Week Courses

A five day course for young people to start or progress through the Youth Sailing Scheme. Opportunities to gain accreditation for Start Sailing and Advanced Sailing schemes with relevant experience.

| Course ref | Dates         | £ 95.00  |
|------------|---------------|--|
| YSS1       | June 3—7      | Five Days<br>Mon-Fri<br>10:00-15:30<br>Age: 8—16 |
| YSS2       | July 22—26    |  |
| YSS3       | July 29—Aug 2 |  |
| YSS4       | Aug 5—9       |  |
| YSS5       | Aug 12—16     |  |
| YSS6       | Aug 19—23     |  |
| YSS7       | Aug 26—30     |  |
| YSS8       | October 21—25 |  |

**Venue:** YCS Outdoor Education Centre—Filby

**Pre reqs:**

- None Required
- Please bring with you your logbook if you have one.

### Youth Sailing Scheme-Evening Courses

A six evening course for young people to start or progress through the Youth Sailing Scheme. Opportunities to gain accreditation for Start Sailing and Advanced Sailing schemes with relevant experience.

| Course ref | Dates           | £ 45.00<br>6 Wed evenings<br>18:00-20:00<br>Age: 8-16 |
|------------|-----------------|---|
| YSS9       | April 24—May 29 |   |
| YSS10      | June 12—July 17 |   |

**Centre:** YCS Outdoor Education Centre—Filby

**Pre reqs:**

- None required
- Please bring with you your logbook if you have one

### Youth Sailing Scheme—Racing

Opportunity for young people to progress through the Youth Racing Scheme. Should have at least one full season's sailing or have completed the Stage 3 award.

| Course | Craft  | Dates           | £ 45.00<br>6 Thur evenings<br>18:00-20:00<br>Age: 8-16 |
|--------|--------|-----------------|--|
| YRS1   | Single | April 25—May 30 |  |
| YRS2   | Double | June 13—July 18 |  |

**Centre:** YCS Outdoor Education Centre—Filby

**Pre reqs:**

- Stage 3 award or full seasons sailing
- Please bring with you your logbook if you have one

## Other Information

### Coaching Courses

We provide a range of coaching courses and instructor endorsements throughout the year at our YCS Outdoor Education Centres and other venues. For further information and a Coaching Courses Brochure please contact the YCS Outdoor Education Programme Office.

### Group Bookings

We provide activities for groups of all sizes and abilities through a range of activities at our YCS Outdoor Education Centres and other venues. This includes everything from a one off taster session and birthday specials through to accreditation courses and multi activity programmes. For further information and a Group Bookings Brochure please contact the YCS Outdoor Education Programme Office.

## **Level 2—Emergency First Aid**

A two day (16 hour) course. The emergency first aid course is designed to develop essential skills to deal with the more difficult incidents when there is no immediate help.

It is recognised as appropriate training for the RYA, BCU, BOF and MLTB coaching awards.

| Course ref | Dates           | £ 100.00<br>Two Days<br>Sat-Sun<br>09:00-18:00 |
|------------|-----------------|--|
| REC7       | Jul 20, 21      |  |
| REC8       | Nov 9, 10       |  |
| REC9       | Feb 8, 9 (2003) |  |

**Venue:** YCS Outdoor education Centre—Filby

**Pre reqs:**

- None



## **Evening Youth Afloat**

Opportunity for young people to come along and sail in a safe environment supervised by qualified instructors. Opportunities for relevant parts of the Youth Sailing Scheme logbook to be completed.

| Course ref | Dates           | £ 45.00<br>6 Mon evenings<br>18:00-20:00<br>Age: 8-16 |
|------------|-----------------|---|
| EYA1       | April 22—May 27 |   |
| EYA2       | June 10—July 15 |   |

**Centre:** YCS Outdoor Education Centre—Filby

**Pre reqs:**

- None required

### Young Sailors

Fun evening sessions for those who would like to learn or improve their sailing skills.

| Course ref | Dates                 | £ 28.00<br>4 Wed sessions<br>18:00-20:00<br>Age: 8-16 |
|------------|-----------------------|---|
| YS1        | May 29, Jun 11,19, 26 |   |
| YS2        | Jun 26, Jul 3, 10, 17 |   |

**Venue:** YCS Outdoor Education Centre—Whitlingham

**Pre reqs:**

- None required

### Summer Sailing Skills

A week long course (afternoons only) for young people to learn and develop their sailing skills in a fun, practical and safe environment.

| Course ref | Dates        | £ 50.00<br><br>Five afternoons<br><br>Mon-Fri<br><br>13:00-16:00<br><br>Age: 8-16 |
|------------|--------------|---|
| SS1        | Jul 22—26    |   |
| SS2        | Jul 29—Aug 2 |   |
| SS3        | Aug 5—9      |   |
| SS4        | Aug 12—16    |   |
| SS5        | Aug 19—23    |   |
| SS6        | Aug 26—30    |   |

**Venue:** YCS Outdoor Education Centre—Whitlingham

**Pre reqs:**

- None required

### Level 1—Basic First Aid

A one day (8 hour) course. The basic first aid course is designed to introduce a systematic method of first aid for managing casualties. The course is a balance of learning and practical inter mixed with scenarios of real situations.

It is recognised as appropriate training for the RYA, BCU and BOF coaching awards.

| Course ref | Dates              | £ 50.00<br><br>One Day<br><br>09:00-18:00<br><br>Age: 12+ |
|------------|--------------------|---|
| REC1       | May 12 (Sun)       |   |
| REC2       | Jul 14 (Sun)       |   |
| REC3       | Sept 29 (Sun)      |   |
| REC4       | Nov 16 (Sat)       |   |
| REC5       | Jan 11 ( Sat,2003) |   |
| REC6       | Mar 8 (Sat, 2003)  |   |

**Venue:** YCS Outdoor Education Centre—Eagle

**Pre reqs:**

- None

## First Aid



Rescue Emergency Care (REC) is a nationally recognised first aid training scheme, developed in Scotland and was originally founded by specialist doctors working in remote healthcare. The scheme is becoming more widespread to England and Wales; the popularity of these courses being due to a progressive practical approach which makes the scheme lively and enjoyable as well as extremely valuable.

Courses are delivered by Health and Safety Executive (HSE) approved Trainers, following the latest UK and European guidelines and, result in the appropriate HSE or REC certificate valid for 3 years.

Within the scheme Trainers have their own identity and deliver courses in their own areas, therefore we provide outdoor and adventurous activity first aid delivered by outdoor pursuit instructors.

First Aid is about more than the ability to do pretty bandaging. REC courses will prepare you to be able to deal calmly with situations and people, some of whom may be injured. In a step by step process you will progress from simple situations in a non stressful situation through to more complex, confusing and stressful incidents.

"People don't come to REC to learn about First Aid...They come to us to learn how to do it!"

## Introduction to Sailing

An introductory practical session for people to get afloat and try out this exciting sport in fun, safe learning environment.

| Course ref | Dates   | £ 14.00   |
|------------|---------|---|
| IS1        | June 1  | One Session<br><br>Saturday<br><br>13:00-17:00<br><br>Age: 8+<br>(Ideal for families) |
| IS3        | June 8  |   |
| IS5        | June 15 |   |
| IS7        | June 22 |   |
| IS9        | June 29 |   |
| IS11       | July 6  |   |
| IS13       | July 13 |   |

| Course ref | Dates   | £ 14.00   |
|------------|---------|---|
| IS2        | June 2  | One Session<br><br>Sunday<br><br>13:00-17:00<br><br>Age: 8+<br>(Ideal for families) |
| IS4        | June 9  |   |
| IS6        | June 16 |   |
| IS8        | June 23 |   |
| IS10       | June 30 |   |
| IS12       | July 7  |   |
| IS14       | July 14 |   |

**Venue:** YCS Outdoor Education Centre—Whitlingham

**Pre reqs:**

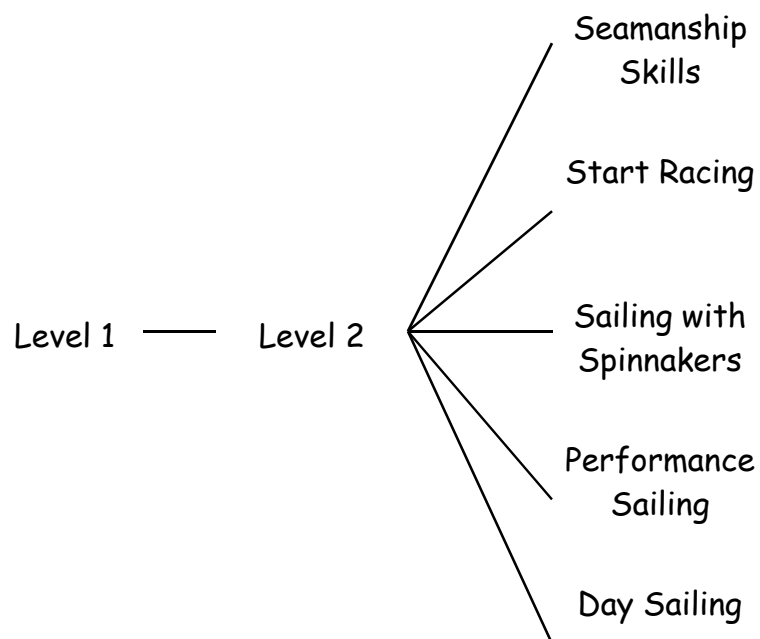
- None required

## RYA National Sailing Scheme

The RYA National Sailing Scheme has been developed to help you get the most from your sport, whatever your level of ability. Like any activity, greater enjoyment of sailing comes from greater competence. Good tuition and sound advice mean that you will learn quickly and enjoy the sport more.

The scheme has been revised and updated for 2002 to provide a simple, versatile and easy to understand learning framework for small boat sailing in all its forms.

Having completed a level 2 course you can then decide where you wish to pursue the sport and take the next step that suits you.



### Level 2—upgrade from Level 1

A one day course for those who have successfully completed a Level 1 course. Adds the seamanship and high speed practical elements.

| Course ref | Dates         | £ 50.00<br>One Day<br>09:00-17:00<br>Age: 16+ |
|------------|---------------|---|
| PBU1       | Jun 29 (Sat)  |   |
| PBU2       | Jun 30 (Sun)  |   |
| PBU3       | Oct 9 (Wed)   |   |
| PBU4       | Oct 10 (Thur) |   |

**Venue:** YCS Outdoor Education Centre—Filby & Burgh Castle

**Pre reqs:**

- RYA Level 2 National Powerboat Certificate

### Safety Boat Course

A two day course to provide the skills required when acting as an escort craft, safety boat or coach boat for a fleet of dinghies, windsurfers or canoes, for racing or training activities.

| Course ref | Dates   | £ 100.00<br>Two Days Sat-Sun<br>09:00-17:00<br>Age: 16+ |
|------------|---------|---|
| SB1        | Jun 1-2 |   |
| SB2        | Jun 8-9 |   |

**Venue:** YCS Outdoor Education Centre—Filby

**Pre reqs:**

- RYA Level 2 National Powerboat Certificate
- One seasons powerboating experience

### **Level 1—Introduction to Powerboating**

A one day course to provide a practical introduction to boat handling skills and safety in powerboats.

| Course ref | Dates         | £ 50.00<br>One Day<br>09:00-17:00<br>Age: 16+ |
|------------|---------------|---|
| PB1        | Apr 21 (Sun)  |   |
| PB2        | Jul 21 (Sun)  |   |
| PB3        | Sept 14 (Sat) |   |

**Venue:** YCS Outdoor Education Centre—Filby

**Pre reqs:** None

### **Level 2—National Powerboat Certificate**

A two day course to provide the skills and background knowledge needed by the competent powerboat driver and is the basis of the International Certificate of Competence.

| Course ref | Dates                | £ 100.00<br>Two Days<br>09:00-17:00<br>Age: 16+ |
|------------|----------------------|---|
| PB4        | May 16-17 (Thur-Fri) |   |
| PB5        | Sept 10-11 (Tue-Wed) |   |
| PB6        | Sept 25-16(Wed-Thur) |   |
| PB7        | Oct 26-27 (Sat-Sun)  |   |

**Venue:** YCS Outdoor Education Centre—Filby & Burgh Castle

**Pre reqs:**

- None

### **Start Sailing (Level 1)**

The aim of this course is to provide a brief taste of sailing for novices. By the end of the course, participants will have had a short introduction to the sport of sailing, including basic boat handling techniques and essential background knowledge.

| Course ref | Dates     | £ 110.00<br>Two Days Sat-Sun<br>09:00-18:00<br>Age: 16+ |
|------------|-----------|---|
| SS1        | June 1, 2 |   |
| SS2        | June 8, 9 |   |

**Venue:** YCS Outdoor Education Centre—Filby

**Pre reqs:**

- None Required

### **Basic Skills (Level 2) - Week Course**

By the end of the course, the successful sailor will be safety conscious, have a basic knowledge of sailing and be capable of sailing without an instructor on board in light winds. A largely practical course with relevant on-shore and basic theory sessions.

| Course ref | Dates        | £ 270.00<br>Five Days Mon-Fri<br>09:00-18:00<br>Age: 16+ |
|------------|--------------|--|
| LT1        | August 5—9   |  |
| LT2        | August 19—23 |  |

**Venue:** YCS Outdoor Education Centre—Filby

**Pre reqs:**

- None Required

### **Basic Skills (Level 2) - Evening Course**

By the end of the course, the successful sailor will be safety conscious, have a basic knowledge of sailing and be capable of sailing without an instructor on board in light winds. A largely practical course with relevant on-shore and basic theory sessions.

| Course ref | Dates            |   |
|------------|------------------|---|
| LT3        | April 16—July 16 | £ 270.00<br>14 Tues Evenings<br>18:00-21:00<br>Age: 16+ |

**Venue:** YCS Outdoor Education Centre—Filby

**Pre reqs:**

- None Required

### **Seamanship Skills**

By the end of this weekend course, the successful sailor will have a competent, safe, practical approach to the sailing of small boats and will be capable of sailing and making seamanlike decisions in moderate conditions.

| Course ref | Dates      |   |
|------------|------------|---|
| CS1        | July 26—28 | £ 110.00<br>Two Days Sat-Sun<br>09:00-18:00<br>Age: 16+ |

**Venue:** YCS Outdoor Education Centre—Filby

**Pre reqs:**

- RYA Level 2

## **Powerboating**



The Royal Yachting Association (RYA) is the national governing body for all powerboat activities.

The RYA National Powerboat Scheme exists to meet the needs of those who use small, open powerboats for sport, whether for their own sake or in connection with another activity.

At our centre on Filby Broad we provide powerboat training and courses using a variety of powerboat craft including both planing and displacement craft.

All our courses are an inland qualification with the Level 2 course also covering tidal but not coastal waters.

Course cost includes:

- logbooks
- certificates

For full details of the awards and pre-requisites contact the RYA (see page 41)

## Climbing

YCS Outdoor Education Programme in partnership with UEA Sportspark provides a wide range of climbing courses for young people at Norfolk's largest and most exciting indoor climbing wall—The Peak. Courses are staffed by qualified YCS Outdoor Education Programme staff.

Courses include:

- Junior Taster Sessions
- Junior Beginner Climbing Course (evenings)
- Junior Intensive Learn to Climb course (school holidays)

For further details and bookings please contact UEA Sportspark direct (see page 41).

We also provide a climbing club for young people at the UEA sportspark for all who have completed a beginners course. For further details please see the Clubs section on page 38.

UEA Sportspark also run adult courses and tasters with their own staff.



## Start Racing

By the end of this weekend course, the successful sailor will have had a sound introduction to racing at club level. Although essentially a practical course, sessions afloat will be backed by lectures ashore.

| Course ref | Dates        | £ 110.00<br>Two Days Sat-Sun<br>09:00-18:00<br>Age: 16+ |
|------------|--------------|---|
| SR1        | August 16—18 |   |

**Venue:** YCS Outdoor Education Centre—Filby

**Pre reqs:**

- RYA Level 2

## Sailing with Spinnakers

By the end of this weekend course, the successful sailor will have a practical introduction to sailing with spinnakers and trapeze and how to sail these to best advantage.

| Course ref | Dates      | £ 110.00<br>Two Days Sat-Sun<br>09:00-18:00<br>Age: 16+ |
|------------|------------|---|
| SWS1       | August 2—4 |   |

**Venue:** YCS Outdoor Education Centre—Filby

**Pre reqs:**

- RYA Level 2

### **Performance Sailing**

Improve your boat handling and confidence in race standard boats. The aim of the course is efficient sailing, get coached and sail better.

| Course ref | Dates       | £ 110.00<br>Two Days Sat-Sun<br>09:00-18:00<br>Age: 16+ |
|------------|-------------|---|
| ABH1       | August 9—11 |   |

**Venue:** YCS Outdoor Education Centre—Filby

**Pre reqs:**

- RYA Level 2

### **Day Sailing**

Go cruising is the aim of this course covering passage planning and decision making for small boats.

| Course ref | Dates        | £ 130.00<br>Fri eve, Sat-Sun<br>18:00-21:00<br>09:00-18:00<br>Age: 16+ |
|------------|--------------|--|
| DS1        | August 23—25 |  |

**Venue:** YCS Outdoor Education Centre—Filby

**Pre reqs:**

- RYA Level 2

### **Multi Activity**

A week long course in the school holidays for young people to try out and enjoy a variety of water activities including sailing, kayaking, canoeing, raft building and problem solving. It's fun, wet, active and guaranteed to make you smile. At the end of the course young people would have had the opportunity to try out all of the above activities in a fun, safe environment.

| Course ref | Dates         | £ 95.00<br><br>Five Days<br><br>Mon-Fri<br><br>10:00-15:30<br><br>Age: 8 -16 |
|------------|---------------|--|
| MA1        | June 3—7      |  |
| MA2        | July 22—26    |  |
| MA3        | July 29—Aug 2 |  |
| MA4        | Aug 5—9       |  |
| MA5        | Aug 12—16     |  |
| MA6        | Aug 19—23     |  |
| MA7        | Aug 26—30     |  |
| MA8        | October 21—25 |  |

**Venue:** YCS Outdoor Education Centre—Filby

**Pre reqs:**

- None required

### **Summer Windsurfing Skills**

A week long course (mornings only) for young people to learn and develop their windsurf skills in a fun, practical and safe environment.

| Course ref | Dates         | £ 35.00   |
|------------|---------------|---|
| WS1        | July 22–26    | Five mornings<br>Mon-Fri<br>10:00-12:00<br>Age: 8 -16 |
| WS2        | July 29–Aug 2 |   |
| WS3        | Aug 5–9       |   |
| WS4        | Aug 12–16     |   |
| WS5        | Aug 19–23     |   |
| WS6        | Aug 26–30     |   |

**Venue:** YCS Outdoor Education Centre—Whitlingham

**Pre reqs:**

- None required

### **Adult Time Afloat**

An opportunity to come along and sail in a safe environment with supervision from qualified instructors.

| Course ref | Dates           | £ 65.00<br>Six Mon evenings<br>18:00-21:00<br>Age: 16 + |
|------------|-----------------|---|
| ATA1       | April 22–May 27 |   |
| ATA2       | June 10–July 15 |   |

**Venue:** YCS Outdoor Education Centre—Filby

**Pre reqs:**

- RYA Level 1

## Canoeing & Kayaking



The British Canoe Union (BCU) is the national governing body for all paddlesport, which is the collective name given to all canoeing and kayaking activities.

All our paddlesport courses run at YCS Outdoor Education Centre—Eagle in Norwich, which has direct private access to the River Wensum. We hold a wide variety of craft to suit all ages and ability, from playboats to touring, in both canoe and kayak.

This year we are running a variety of courses from introductory sessions to specialist skills.

For further details of the award schemes please contact the BCU (see page 41)

Kayak: Seated position using a double bladed paddle

Canoe: Kneeling position using a single bladed paddle



## Windsurfing for Improvers

For people who can sail around on their own. This course introduces faster turns, improved stance and use of more advanced equipment, not forgetting the all important beach start.

| Course ref | Dates          | £ 35.00<br>Five Sessions<br>Saturdays<br>15:00-17:00<br>Age: 8-16 |
|------------|----------------|---|
| WI1        | May 11—Jun 8   |   |
| WI3        | Jun 15-Jul 13  |   |
| WI5        | Aug 31—Sept 28 |   |

| Course ref | Dates         | £ 35.00<br>Five Sessions<br>Sundays<br>15:00-17:00<br>Age: 8-16 |
|------------|---------------|---|
| WI2        | May 12—Jun 9  |   |
| WI4        | Jun 16—Jul 14 |   |
| WI6        | Sept 1—29     |   |

**Venue:** YCS Outdoor Education Centre—Whitlingham

**Pre reqs:**

- RYA Level 1 or equivalent experience

## **Start Windsurfing**

Five sessions to take you from complete beginner to a confident and self sufficient windsurfer.

| Course ref | Dates          | £ 35.00<br>Five Sessions<br>Saturdays<br>12:30-14:30<br>Age: 8-16 |
|------------|----------------|---|
| SW1        | May 11—Jun 8   |   |
| SW3        | Jun 15—Jul 13  |   |
| SW5        | Aug 31—Sept 28 |   |

| Course ref | Dates         | £ 35.00<br>Five Sessions<br>Sundays<br>12:30-14:30<br>Age: 8-16 |
|------------|---------------|---|
| SW2        | May 12—Jun 9  |   |
| SW4        | Jun 16—Jul 14 |   |
| SW6        | Sept 1—29     |   |

**Venue:** YCS Outdoor Education Centre—Whitlingham

**Pre reqs:**

- None required

## **Introduction to Paddlesport**

A six evening course to introduce you to the skills of paddling. The course is practical and fun with lots of time on the water in both canoes and kayaks.

| Course ref | Dates           | £ 42.00<br>Six Mon Evenings<br>18:30 -20:30<br>Age: 8 -16 |
|------------|-----------------|---|
| ITP1       | April 22—May 27 |   |
| ITP3       | June 10—July 15 |   |

| Course ref | Dates           | £ 42.00<br>Six Mon Evenings<br>18:30-20:30<br>Age: 16+ |
|------------|-----------------|--|
| ITP2       | April 22—May 27 |  |
| ITP4       | June 10—July 15 |  |

**Centre:** YCS Outdoor Education Centre—Eagle

**Pre reqs:**

- None required

### **Paddlesport Multi**

A week long course in the summer holidays for young people to learn and develop their paddling skills. With lots of times on the water for fun, skills and river trips.

| Course ref | Dates     | £ 95.00<br>Five Days<br>Mon-Fri<br>10:00-15:30<br>Age: 8 -16 |
|------------|-----------|--|
| PM1        | Aug 5—9   |  |
| PM2        | Aug 12—16 |  |
| PM3        | Aug 19—23 |  |
| PM4        | Aug 26—30 |  |

**Centre:** YCS Outdoor Education Centre—Eagle

**Pre reqs:**

- None required

### **BCU Canoe Safety Test**

Training and assessment in safety awareness and rescue skills. Award endorsed either kayak or canoe. Pre requisite for all BCU coaching awards.

| Course ref | Dates            | £ 32.00<br>Three Mon evenings<br>18:00-21:00<br>Age: 14+ |
|------------|------------------|--|
| CST1       | May 6, 13, 20    |  |
| CST2       | Jun 24, Jul 1, 8 |  |

**Centre:** YCS Outdoor Education Centre—Eagle

**Pre reqs:**

- BCU 2 star in same discipline

### **Introduction to Windsurfing**

Two practical sessions over the same weekend, giving you the basic skills to get on a board and start windsurfing.

| Course ref | Dates        | £ 14.00<br><br>Two Sessions<br><br>Sat-Sun<br><br>12:30-14:30<br>Age: 8+ |
|------------|--------------|--|
| IW1        | July 20-21   |  |
| IW3        | July 27-28   |  |
| IW5        | August 3-4   |  |
| IW7        | August 10-11 |  |
| IW9        | August 17-18 |  |
| IW11       | August 24-25 |  |

| Course ref | Dates        | £ 14.00<br><br>Two sessions<br><br>Sat-sun<br><br>15:00-17:00<br>Age: 8+ |
|------------|--------------|--|
| IW2        | July 20-21   |  |
| IW4        | July 27-28   |  |
| IW6        | August 3-4   |  |
| IW8        | August 10-11 |  |
| IW10       | August 17-18 |  |
| IW12       | August 24-25 |  |

**Venue:** YCS Outdoor Education Centre—Whitlingham

**Pre reqs:**

- None required

## Windsurfing

Windsurfing is becoming one of the fastest growing and popular watersports of today. It's fast, fun and exciting with the minimum of technical knowledge and equipment you'll soon be blasting across the water.

Our centre on Whitlingham Broads has all the equipment you need to participate in this exciting sport with a safe environment to learn and practice those skills.

This year we are running a range of courses so anyone can jump on a board and get windsurfing no matter what level they are at. Whether it's a first time introduction session or an improving skills course, get involved and get wind-surfing.

Don't forget, windsurfing equipment is available for 'Pay and Play' at Whitlingham so once you've learnt those first skills there's plenty of opportunity to hire out a board and build on what you've learnt.



## Intro to Competition

This course will introduce you to the many forms of paddlesport competition including; slalom, polo and sprint racing, with lots of fun and time on the water trying out the different sports and craft.

| Course ref | Dates          | £ 32.00<br>Three Sats<br>14:00-17:00<br>Age: 8+ |
|------------|----------------|---|
| IC1        | Apr 13, 20, 27 |   |

**Centre:** YCS Outdoor Education Centre—Eagle

**Pre reqs:**

- Basic paddling Skills (BCU 1 Star or equivalent experience)

## Safety & Rescue

We'll teach you the skills of safety and rescue which will make you a more confident and safe paddler, with lots of fun and time on the water to practice these new skills.

| Course ref | Dates            | £ 32.00<br>Three Sats<br>14:00-17:00<br>Age: 12+ |
|------------|------------------|--|
| SR1        | May 25, Jun 1, 8 |  |

**Centre:** YCS Outdoor Education Centre—Eagle

**Pre reqs:**

- Basic paddling skills (BCU 1 Star or equivalent experience)

### **Intro to Rolling**

In three sessions we'll take you from the swimming pool to the river where you'll learn the basic skills needed to roll a kayak.

| Course ref | Dates       | £ 32.00<br>Three Sats<br>14:00-17:00<br>Age: 12+ |
|------------|-------------|--|
| IR1        | Jul 6,13,20 |  |

**Centre:** YCS Outdoor Education Centre—Eagle/  
Hellesdon High School

**Pre reqs:**

- Basic kayak skills. Must have experience of paddling with spraydeck and confident being upside down!

### **Intro to Touring**

A session to learn all you need to know about planning a trip and then two river trips to put it into practice.

| Course ref | Dates     | £ 75.00<br>Fri eve-Sun<br>18:00-21:00<br>09:00-18:00<br>Age: 8 + |
|------------|-----------|--|
| IT1        | Jul 5,6,7 |  |

**Centre:** YCS Outdoor Education Centre—Eagle

**Pre reqs:**

- Basic paddling skills (BCU 1 Star or equivalent experience)

### **Canoe Skills—Without a paddle!**

Three sessions to introduce you to canoe skills without a paddle! Including poling, lining/tracking and improvised sailing.

| Course ref | Dates         | £ 32.00<br>Three Sats<br>14:00-17:00<br>Age: 8+ |
|------------|---------------|---|
| IC1        | May 4, 11, 18 |   |

**Centre:** YCS Outdoor Education Centre—Eagle

**Pre reqs:**

- Basic paddling skills (BCU 1 Star or equivalent experience)

### **Improving Techniques**

Three session course to build upon those basic skills. Lots of time on the water to develop your paddling in either canoe or kayak

| Course ref  | Dates          | £ 32.00<br>Three Sats<br>14:00-17:00<br>Age: see course ref |
|-------------|----------------|---|
| ITT1 (8-16) | Jun 15, 22, 29 |   |
| ITT2 (16+)  | Jun 15, 22, 29 |   |

**Centre:** YCS Outdoor Education Centre—Eagle

**Pre reqs:**

- Basic paddling skills (BCU 1 Star or equivalent experience)